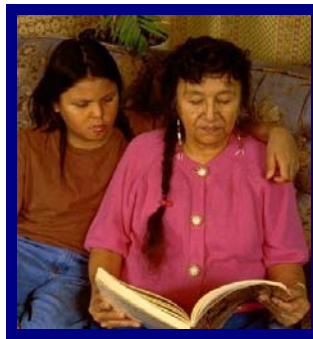


Program administration and staffing

The North Dakota Department of Human Services' Aging Services Division administers the North Dakota Family Caregiver Support Program. Staff based at the department's eight regional human service centers help people access the services available under this program, which are intended to promote positive and successful care-giving experiences.



*Developed by NDSU for the North Dakota
Department of Human Services.*



For more information, please contact:

N.D. Department of Human Services

Aging Services Division

N.D. Senior Info-Line

1-800-451-8693

Website: www.ndseniorinfo.com

E-mail: dhssrinf@nd.gov

Human Service Center Contacts:

(Area Code 701)

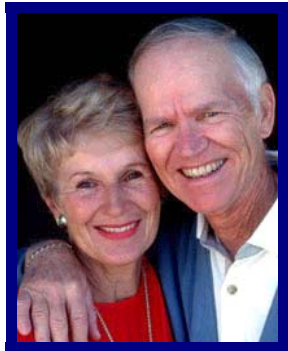
Williston	774-4600	800-231-7724
Minot	857-8500	888-470-6968
Devils Lake	665-2200	888-607-8610
Grand Forks	795-3000	888-256-6742
Fargo	298-4500	888-342-4900
Jamestown	253-6300	800-260-1310
Bismarck	328-8888	888-328-2662
Dickinson	227-7500	888-227-7525

All services are made available without regard to race, color, national origin, religion, age, sex, or handicap, and are subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, amended.

North Dakota Family Caregiver Support Program



*N.D. Department of Human Services
Aging Services Division*



Are you a caregiver of an older adult?

Are you an older adult caring for a child age 18 or younger?

You're not alone. Unpaid caregivers (family members and friends) provide most of the care to older individuals who need assistance with everyday activities like bathing and dressing. Informal caregivers are an important part of providing long-term care services to older adults and people with disabilities.

Grandparents raising grandchildren is also a growing trend. Older people face unique challenges when they accept the responsibility of providing full-time care to a child 18 or younger.

Established under the Older Americans Act, the federally-funded Family Caregiver Support Program provides a system of support services to help informal caregivers of older adults and grandparent/relative caregivers who are caring for children. Caregivers who do not have access to a support system may experience burnout leading to increased stress and other problems. This program helps address these and other caregiver challenges.

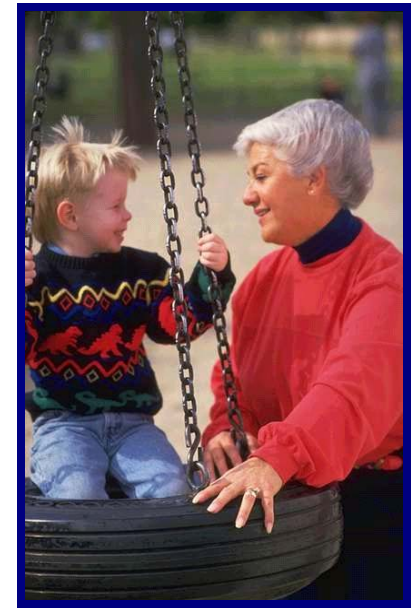
What services are provided?

Information is available about services in the caregiver's area including public education and assistance in accessing services.

Assistance from a trained Caregiver Coordinator is available to help the caregiver assess his or her needs, establish an option plan, and arrange for support services.

Individual or family counseling, organization of support groups, and individual training by qualified professionals are designed to provide caregivers with advice, guidance and instruction about options and methods of accessing caregiver support and providing care.

Respite care provides temporary relief to caregivers who provide 24-hour care to older adults who need assistance with at least two everyday activities or who have cognitive impairments. Respite is also available to older adults caring for children age 18 or younger so that a caregiver can take a break or deal with an emergency situation. Respite care can be provided in the home or at an adult/child day care or other facility.



Who is eligible for services?

- Informal caregivers who are caring for an adult 60 years of age or older
- Grandparents and other relative caregivers who are 60 years of age or older and who are caring for a child age 18 or younger

What are the costs?

All services are federally-funded and are provided at **no cost** to participants. Clients are provided the opportunity to contribute toward the cost of services. However, under Older Americans Act guidelines, no one is denied services because of inability or unwillingness to contribute.